



# TRURO LOG

JULY 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

## *Face of Experience:*

**Stan Sigel** was born in Worcester, MA. He completed his undergraduate work at Cornell University, after which he entered the Maxwell School of Citizenship and Public Affairs, Syracuse University, where he obtained a MA in Public Administration.

Stan's experience in public affairs began with a position as an Administrative Assistant to the Budget Director for the State of Rhode Island and continued with the Pennsylvania Economy League which was involved in developing and improving the organization of city and county government offices and the methods and procedures to accomplish their work.

He started his career with the Federal Government in 1957 with the Atomic Energy Commission. He joined the U.S. Space Program in 1961 when he became a member of Dr. Werner von Braun's Executive Staff at the Marshall Space Flight Center in Huntsville, AL. He transferred in 1965 to the NASA's Electronic Research Center in Cambridge, MA where he remained until the facility was closed down.

Stan accepted a position with HUD in 1970 and retired from that agency in 1997 after 40 years of Federal Service. Afterwards he began a second career as a permanent substitute teacher at Braintree High where he received several awards. While in Braintree, Stan became Deputy Director and CERT Coordinator for the Braintree Emergency Management Agency as a volunteer.

Stan met his wife, Ruth on a blind date after college and they have been

married 38 years and have two children. The oldest son is a lawyer and the other son runs a sports and physical therapy clinic and is a happy bachelor in Cambridge. The Sigels' have had a home in Truro for over 35 years. Two years ago, they moved here permanently.

Stan has worked as a volunteer CERT Director with the Chief of Police, John Lundborn, in setting up a Community Emergency Response Team. Last year, 13 people were sworn in as the first ever team in Truro after taking a 10 week course for 20 hours. The course covers areas such as: disaster preparedness, fire safety, medical operations, search and rescue and disaster psychology. Stan was trained by FEMA (Federal Emergency Management Institute) in Emmetsburg, MD and is a certified trainer. Ruth is also on the CERT Team. Stan and Ruth both attend a nuclear power failure drill in Braintree yearly for a possible evacuation of Marshfield and Cohasset including 1500 students. When not involved in CERT, Stan also willingly volunteers at the COA to drive people to appointments or for REACH to pick them up at Cape Cod Hospital.

Stan would like to have more volunteers for this crisis training. He points out that, "Following a major disaster, first responders who provide fire, police and medical services will not be able to meet the demand for these services. Factors as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. People

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will have to rely on each other for help in order to meet their immediate life saving and life sustaining needs.

People who go through CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards on themselves, their homes or workplace. If a disaster happens that overwhelms local response capability, CERT members can apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors or associates in their immediate area until help arrives. When help does arrive, CERTs provide useful information to responders and support their efforts, as directed, at the disaster.

(continued)



### Face of Experience (continued from front page)

CERT members can also assist with non-emergency projects that improve the safety of the community. CERTs have been used to distribute smoke alarms, and educational material and provide services at special events, such as parades, sporting, events, concerts and more.

Stan asks that you come and become a member of the Truro CERT Team. Lon Morris is his Deputy Director. The training will be offered free of charge at the Truro Public Safety Building on Rte. 6 For more information contact Stan Sigel at 508-349-9441.

### MYSTERY BOOK CLUB

will **not** meet for the summer months and will resume  
Friday, September 9  
The Sculptress  
Minette Walters

### Slow Flow Yoga Classes

Christine Frisco has been teaching for 12 years and is a certified Kripalu Yoga instructor. This yoga class is for all ages and abilities with emphasis on breathing and posture alignment. The class is designed to develop flexibility and balance, as well as strength.

**Tuesdays, 6:30-7:30P.M.**

**Drop in fee: \$12 (Mats available)**

**Community Center Multi Purpose Room**

### Hyannis Shopping

It seems Trader Joe's is the favorite! Let us know if you want to go.

**Friday, July 15**

Meet at the Truro COA at 9A.M.

Reservations a must..508-487-2462

### File of Life

Linda Rego, from the Truro Fire Department, will be here to explain the importance of the File of Life, also to help update them if needed. The fire department will also conduct a home safety inspection of CO detectors, fire detectors and check for household hazards.

Appointments can be made for home visits to go over the file of life and inspections. If you're unable to come to the meeting, you can always call the fire department @ 508-487-7548.

**Tuesday, July 5 1:15P.M.**



### Home Modification Loan Program

Depending on household income, the **HMLP** provides 0% and 3% loans up to \$30,000 to homeowners seeking to make modifications to their homes. Since 1999 these loans have helped hundreds of Massachusetts residents finance such projects as home security features, air filtration systems, ramps, lifts, widened doorways, bathroom and kitchen modifications, etc. those eligible for the 0% loan make no monthly payments and no interest accrues and the homeowner does not have to repay the loan until the property is sold or transferred. Additionally, 3% loans are available to landlords with identified tenants needing accessible adaptations and have buildings with fewer than ten units. For more information, please see the brochure or program website, [www.mass.gov/mrc/hmlp](http://www.mass.gov/mrc/hmlp)

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### IN MEMORIAM

Norman Rose

Betty Moffit

George Poulos

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## **Truro Senior Municipal Tax Service Program**

Applications are available for the senior tax program in Truro for the next fiscal year that begins on July 1, 2011 and ends June 30, 2012. It is an opportunity for a senior resident of Truro to share a skill they have with the Truro community and also receive a real estate tax reduction on their Truro property. Participants must meet the following requirements:

- ♦ Be 60 years of age or older by July 1, 2011
- ♦ Truro property must be the principal residence
- ♦ Be a full time resident of Truro as of July 1 of the previous year
- ♦ The applicant must be the homeowner and the current resident of the property for which the tax credit is requested

Participants will receive credit for their services at an hourly rate of \$8.00, the state minimum wage. A maximum of \$1000.00 or a minimum of \$500.00 may be credited to your real estate tax bill. Please call the Truro COA at 508-487-2462 for more information. Applications are available at the COA office or the COA website [www.truro-ma.gov/coa/](http://www.truro-ma.gov/coa/)



## **MEDICARE FRAUD AND ABUSE**

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on these statements (MSN or EOB), contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare: 1-800-633-4227.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

The SHINE Program (Serving the Health Information Needs of Elders) is a statewide program that provides free confidential counseling on all aspects of health insurance for Medicare beneficiaries of all ages and their caregivers. Call 508-487-2462 and ask for an appointment with either Katherine Stillman or Claudia Tuckey, our Certified SHINE Counselors.

Sonja Brewer, Regional Director, Cape & Islands SHINE Program



### **Suggested Fees/Donations**

Truro \$2.00  
Provincetown/Wellfleet \$2.00  
Eastham \$4.00  
Orleans \$4.00  
Chatham/Brewster \$6.00  
Harwich \$7.00  
Dennis \$7.00  
Yarmouth \$8.00  
Hyannis/Barnstable \$10.00  
Mashpee/Sandwich \$12.00  
Falmouth/Bourne \$14.00  
Sagamore Bridge \$16.00  
Plymouth \$20.00  
Weymouth \$22.00  
Boston/Providence \$25.00  
Burlington/Lahey Clinic \$28.00

### **COA VAN UPDATE**

We are receiving a new van from the CCRTA! It is a larger version of the ECO van we now use. Hopefully, we can soon offer more recreational trips, as the van will hold up to 12 people!

We are also purchasing a new medical van. It's actually a cross between an SUV and a Mini van. It's due to arrive the beginning of this month.

We provide an amazing amount of transportation to Truro's Senior community, as well as those in need because of disabilities.

**Don't forget that we gladly accept donations based on trip location!**

### **WHAT IS THE COA ALL ABOUT??**

The COA staff will be giving a presentation on what it is we actually do! Not all the paperwork and filing, but the services we offer and information about them.

Things such as:

- ⇒ SHINE Counseling
- ⇒ Health Care Proxy
- ⇒ Bereavement Counseling
- ⇒ Medical Equipment
- ⇒ Legal Aid
- ⇒ Fuel Assistance
- ⇒ Transportation
- ⇒ Fitness Programs
- ⇒ Recreational Activities
- ⇒ Referrals
- ⇒ Senior Work Off Program



This informational presentation will be **Tuesday, July 26th at 1:15P.M.** following the COA Luncheon. It will be very informal and questions & suggestions will be welcomed.

## COA GALLERY - JULY

### TINA TARANTAL

Elsa (Tina) Tarantal is a graduate of The Cooper Union in NYC and The University of Pennsylvania where she earned an MFA in sculpture. She is a Professor at The University of the Arts in Philadelphia where she teaches Three Dimensional Design and Figure Modeling. She has also taught portraiture at the New York Academy of Figurative Art. Her sculpture and painting can be seen at the Kendall Gallery in Wellfleet where she has exhibited her work for over twenty-five years. She is a member of the National Sculpture Society.



**Opening Reception is Sunday**

**July 3, 2-4P.M.**

*All are welcome.*

## COA GALLERY - AUGUST

### RAY ELMAN

Ray Elman has been making large scale portraits of people in the Outer Cape art community since 1989. The COA Gallery will exhibit Elman's portraits of some of the artists and writers he met during the 1970s, his first decade living in Truro.

Included in the exhibit will be portraits of Sydney Simon, B.J. Lifton, E.J.Kahn, Jr, Lee Falk, Walter Bingham, Varujan Boghosian, and Anne Bernays.

Elman's portraits of Pulitzer Prize winning poets Alan Dugan (Truro) and Stanley Kunitz (Provincetown) are included in the permanent collection of the Smithsonian National Portrait Gallery. The Kunitz portrait is on display at the National Portrait Gallery until November, 2011. Elman's portrait of U.S. Ambassador Alan Solomont and his family (Truro summer residents), is currently on display at the embassy in Madrid.

Elman moved to Truro in September, 1970, and has made it his home base ever since. He started the Outer Cape Repertory Film Society in 1971, ran the To Be Coffeehouse from 1972 to 1973, and he served for many years on the board of directors of the Provincetown Art Association and Museum, the Provincetown Group Gallery, and the Wellfleet Harbor Actors Theater. Elman and Chris Busa cofounded *Provincetown Arts* magazine in 1985 (Ray left the magazine in 1989, when his son, Evan, was born).

Ray is married to Lee Elman, who until recently served as President of Truro Center for the Arts at Castle Hill. Their son Evan, who attended the Truro Central School, is a senior at the University of British Columbia, but still considers Truro his home base.

For more information see [www.rayelman.com](http://www.rayelman.com)



Title: "Gibson"  
Oil & digital  
collage on canvas  
(2007)

**Opening Reception is Sunday**

**August 7, 2-4P.M.**

*All are Welcome.*





## **JULY**

### **COA CAFÉ**

**TUESDAY 12:30**

**\$7.50**

#### **July 5**

Chicken & Orzo Salad  
w/Lemon and Cucumbers  
Green Bean Salad

#### **July 12**

Swiss Chard & Ricotta Pie  
Tomato Basil Salad

#### **July 19**

Chilled Poached Salmon  
w/Yogurt Dill Sauce  
Rice Pilaf Cucumber Salad

#### **July 26**

Summer Squash &  
Couscous Casserole  
Spinach Salad  
w/Maple Dijon Vinaigrette

## **AUGUST COA CAFÉ**

**TUESDAY 12:30**

**\$7.50**

#### **August 3**

Oven Fried Chicken  
Potato Salad  
Corn & Tomato Salad

#### **August 10**

Vegetarian Lasagna Rolls  
w/Roasted Red Pepper  
& Tomato Sauce  
Mixed Green Salad

#### **August 17**

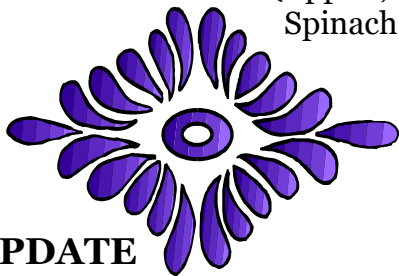
Baked Cod  
w/Lemon Caper Sauce  
Buttered Egg Noodles  
Roast Beets & Carrots

#### **August 24**

Pasta w/Sun Dried  
Tomatoes, Pine Nuts  
& Spinach  
Mixed Green Salad

#### **August 31**

Fruited Chicken Salad  
w/Honey Dijon Vinaigrette  
(Apples, Grapes, Walnuts)  
Spinach & Tomato Salad



## **COA CAFÉ UPDATE**

### **The Bad News**

Maryann Lucas will no longer be cooking for us at the end of June. Everyone has just loved her, her cooking and her calming, flexible demeanor. She will surely be missed by staff and clients! Thank you Maryann.

### **The Good News**

The veteran of the COA Café is coming back (at least for the summer). Iris will be creating our luncheons for July and August. We want to thank her for stepping up in our time of need!!

## **John Carbone's Friday at the Movies**

### **July 1**

#### **Gentlemen Prefer Blondes**

(1953) Jane Russell, Marilyn  
Monroe & Charles Coburn

### **July 8**

#### **Love Me or Leave Me**

(1955) Doris Day & James  
Cagney

### **July 15**

#### **The Two Mrs. Carrolls**

(1947) Humphrey Bogart &  
Barbara Stanwyck

### **July 22**

#### **Bridget Jones' Diary** (2001)

Renée Zellweger & Collin Firth

### **July 29**

#### **Keeping the Faith** (2000)

Ben Stiller, Ed Norton & Jenna  
Elfman

Movie begins at 1:30




### **FREE POPCORN**

Please call if you need any  
further info. 508-487-2462



# July 2011



Mon	Tue	Wed	Thu	Fri
<b>COA GALLERY - JULY</b> <b>TINA TARANTAL</b> <b>Opening Reception is Sunday</b> <b>July 3, 2-4P.M.</b> <i>All are welcome.</i>				<b>1</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>4</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>5</b> COA CAFÉ 12:30 Needlework 10-Noon <b>File of Life</b> Presentation 1:15	<b>6</b> Strength Training 9-10 Weight Loss 10-10:30 Bereavement Support 1-2:30	<b>7</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	<b>8</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>11</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>12</b> COA CAFÉ 12:30 Needlework 10-12 USDA Food Pick up 11a.m.-4p.m.	<b>13</b> Strength Training 9-10 Weight Loss 10-10:30 Legal Assistance (by appointment)	<b>14</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>15</b> Strength Training 9-10 Hyannis Shopping 9A.M. FREE Friday Movie 1:30
<b>18</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>19</b> Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon 	<b>20</b> Strength Training 9-10 Weight Loss 10-10:30	<b>21</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>22</b> Strength Training 9-10 FREE Friday Movie 1:30 Dr. Campo (by appointment)
<b>25</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>26</b> COA CAFÉ 12:30 Needlework 10-Noon <b>COA Services</b> Presentation 1:15	<b>27</b> Strength Training 9-10 Weight Loss 10-10:30 	<b>28</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>29</b> Strength Training 9-10 FREE Friday Movie 1:30

**TRURO COUNCIL ON AGING**

**P. O. BOX 500**

**TRURO, MA 02666**

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

## CURRENT RESIDENT OR

### **TRAVEL**

The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations toll free 866-518-6877**

#### **Monday, June 6 - Rockport, Gloucester's Hammond Castle & Harbor Cruise**

Enjoy the beautiful seaside artist colony of Rockport and the fishing village of Gloucester. In Rockport browse the shops and galleries. Tour beautiful Hammond Castle in Gloucester. The day will end with a scenic, narrated 1 1/2 hour cruise on Gloucester Harbor and Cape Ann. \$79

#### **Friday, June 17 - World Flower Show in Boston**

Held at the Seaport World Trade Center, 30 countries that comprise the World Association of Flower Arrangers will converge in Boston to celebrate the art of floral design. "This Glorious Earth" is the show's theme and competitors may enter one of 30 different classes inspired by this theme. You'll have free time for lunch at Quincy Market & Faneuil Hall before we visit the competition. \$70

### **FRIENDS OF THE TRURO COUNCIL ON AGING BOARD**

John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingrum, Florence Johnson, Diane Rose.

**Council on Aging Officers:** Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingrum, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman, Farney Schneider and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY  
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

*Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan & John Moriarty, Hilde Oleson, Helen Perry & Karen Mooney for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.*



Truro Council on Aging provides transportation services, primarily to seniors and non-seniors, who have transport needs that are vital to their health and quality of life.

We provide this service to the best of our ability, but through the year there may be extenuating circumstances that cannot be avoided that could hinder our scheduling. For this reason, the options listed below are a wealth of information for those whose needs may not be able to be met through the COA.

# TRANSPORTATION OPTIONS



## DART

### Dial A Ride Transportation

The Cape Cod Regional Transit Authority has changed the name of their door to door service from B-Bus to DART.

Dial A Ride Transportation is available to all Cape Cod residents for any purpose.

Hours of Operation

**Monday-Friday**

**7A.M. - 7P.M.**

**Saturday 9A.M. - 7P.M.**

**Sunday 9A.M. - 1P.M.**

**Reservations**

**are required.**

**Call CCRTA**

**1-800-352-7155**



## REACH

### Reaching Elders with Additional Community Help

Volunteers provide rides and assistance to those discharged from Cape Cod Hospital. Contact the Social Worker at the Emergency Room or the Discharge Planner for help with scheduling this service.

## BHT

Enjoy comfortable and safe wheelchair accessible transportation from Cape Cod direct to Boston Hospitals. CCRTA provides medical transportation services on Monday, Tuesday, Wednesday and Fridays by reservation to 15 Boston area hospitals. The BHT has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. Schedule your medical appointments between 10:00 AM & 2:00 PM. The Bus will leave Boston by 3:00 PM.

### Pick Up Time Location

7:00 AM	Wellfleet (Outer Cape Health)
7:10 AM	Eastham (Superette Rt.6)
7:30 AM	Orleans (Shaws)
7:45 AM	Harwich (Rt.6 & 124 Commuter Lot)
8:00 AM	Barnstable (Rt.6 & 132 Burger King)
8:15 AM	Sagamore (Commuter Lot)

(Reserve **no later than** 11:00 a.m. the day before you wish to travel)  
Fare \$30.00 ROUND TRIP / \$15.00 ONE WAY

ESCORTS ALLOWED BASED ON SEATING AVAILABILITY  
(escort confirmation received day before appointment)

### FOR RESERVATIONS CALL

**1-800-352-7155**

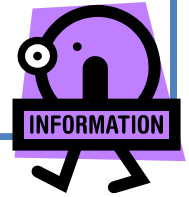
Monday thru Friday

8:00 AM to 5:00 PM

- Beth Israel/Deaconess Medical Center
- Brigham and Women's Hospital
- St. Elizabeth's
- Mass. General Hospital
- Mass. Eye & Ear Infirmary
- New England Baptist Hospital
- Boston Medical Center
- Shriners Burn Institute
- Children's Hospital
- Dana-Farber Cancer Institute
- Veterans Affairs
- Joslin Diabetes Center
- Spaulding Rehabilitation Hospital
- Tufts N.E. Medical Center: Floating Hospital For Children & Tufts School of Dental Medicine

## TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 487-2462



**PACE**—People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. **FREE**

**CORE CONDITIONING** - Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor.

Instructor Kathy Stetson, Certified Physical Therapist. \$5/per class

**STRENGTH TRAINING**—Chair exercises using hand and leg weights. Some standing using strengthening bands. Go at your own pace. **FREE**

**MEMOIRS**—A group setting of writers who read, write and critique the work of the group members. **FREE**

**MEN'S GROUP**—A group setting to discuss politics, current events, world happenings or what's important to you. **FREE**

**COA CAFÉ**—Weekly luncheon, open to all. Reservations **MUST** be made by Monday's at noon by calling the COA. \$7.50

**MAHJONGG**—Weekly gaming open to all that have some experience. **FREE**

**STORY TELLING** with Dan Lynch—Share your favorite memories and listen to Dan and participants reminisce. 3rd Tuesday of each month. **FREE**

**FRIDAY MOVIE**—Join some friends or make new ones at the **FREE** Friday Flick here at the COA. Popcorn provided.

**WII**—Bowling and other sports available to try out. **FREE**

**HOW**—Helping Our Women with support for women with chronic illness. Open to all women with any type of chronic and life threatening/disabling condition. First Thursday of the month 9:30-11:30. Call for more information 487-4357.

**SIGHT LOSS**—Support group meeting is the 4th Monday, September through June, 10 A.M.-Noon. Transportation available. Call the COA for additional information.

**PEDICARE**—Non-medical foot care by appointment at the COA. First Thursday of each month. **Reservations required.**

**PODIATRIST**— All foot care problems, as well as routine care. Fridays, every other month. **Reservations required.**

**LEGAL SERVICES**—Legal services of Cape Cod & Islands Specializing in Elder Services. 2nd Wednesday of each month. **Appointment required** by calling the COA @ 487-2462.

**WEIGHT LOSS**—Wednesdays, immediately following Strength Training at 10A.M. Free

Check out the Calendar section of the Log to find out more information about dates and times.

Transportation is available by reservation by calling

508-487-2462

